

Date: 11th January-2025

GURUHNING SHAXSGA TA'SIRI: IJTIMOYIY PSIXOLOGIYA ASOSLARI

Abdurashidova Gavhar

Osiyo xalqaro universiteti o'qituvchisi

Annotatsiya: Guruhlarning shaxsga ta'siri odamlar o'rtasidagi o'zaro munosabatlar va ijtimoiy tizimlarning muhim jihatlaridan biridir. Guruhlar insonning qarorlar qabul qilish jarayoniga, xatti-harakatlariga va hissiyotlariga ta'sir ko'rsatishi mumkin. Ushbu maqolada guruhlarining shaxsga ta'sirini tushunish uchun zarur bo'lgan psixologik va ijtimoiy mexanizmlar, guruh dinamikasining shaxsga qanday ta'sir ko'rsatishi, guruh konformizmi, guruh fikrining shakllanishi va boshqa ijtimoiy jarayonlar tahlil qilinadi. Maqola guruhlar o'rtasidagi o'zaro ta'sirlarning shaxsning hissiy va psixologik holatiga, shuningdek, uning qarorlar qabul qilishiga qanday ta'sir qilishini o'rganadi. Guruhning shaxsga ta'siri, odatda, ijtimoiy normativlar, guruh a'zolari orasidagi muloqot, ta'sir va o'zaro aloqalar orqali yuzaga keladi. Shaxsning guruhga qarshi yoki uning a'zolariga nisbatan qanday o'zgarishlar kuzatilishi mumkinligi haqida ham so'z yuritiladi.

Kalit so'zlar: Guruh, shaxsga ta'sir, ijtimoiy psixologiya, guruh dinamikasi, konformizm, ijtimoiy normativlar, guruh fikri, qarorlar qabul qilish, guruh a'zolari, muloqot.

Kirish:

Guruhlarining shaxsga ta'siri jamiyatda ijtimoiy va psixologik jarayonlarni chuqur o'rganish uchun juda muhim mavzulardan biridir. Shaxslar turli guruhlarda faoliyat yuritishi, ijtimoiy o'zgarishlar, muloqot va qarorlar qabul qilish jarayonlariga guruhning ta'siri muhim ahamiyatga ega. Guruhlar, o'z navbatida, shaxslarning qarashlari, xatti-harakatlari va dunyoqarashlariga sezilarli ta'sir ko'rsatishi mumkin. Guruh o'zining a'zolaridan bir-biriga ta'sir o'tkazish orqali o'zgarishlarni yuzaga keltiradi. Shu bilan birga, guruhlarining ta'siri shaxslarning ijtimoiy pozitsiyalari, mavqei va boshqa guruhlar bilan bo'lgan aloqalariga qarab turlicha bo'lishi mumkin. Bu jarayonlarni tushunish, guruhning shaxsga qanday ta'sir ko'rsatishi va bu ta'sirning psixologik va ijtimoiy natijalarini anglash uchun zarurdir.

Asosiy qism: Guruhlarning shaxsga ta'sirini tushunish uchun, avvalo, guruh dinamikasini o'rganish zarur. Guruh dinamikasi - bu guruhdagi a'zolar orasidagi o'zaro aloqalar va muloqotning qanday shakllanishi va rivojlanishini ifodalaydi. Guruhdagi odamlarning xatti-harakatlari, ularning guruhdagi roli, ijtimoiy normativlar va guruh ichidagi o'zaro aloqalar, shaxsning fikrlari va xatti-harakatlariga ta'sir qilishi mumkin. Guruhning shaxsga ta'sirini psixologik nuqtai nazardan tahlil qilishda konformizm va ijtimoiy bosim muhim o'rin tutadi.

1. Konformizm va ijtimoiy bosim: Konformizm, ya'ni guruhning a'zolari tomonidan qo'llaniladigan ijtimoiy bosim, shaxsning o'z xatti-harakatlarini guruhning xulq-atvoriga moslashtirishga olib kelishi mumkin. Konformizm jarayoni, shaxsning guruhga moslashish istagi va guruhning o'ziga xos ijtimoiy normativlariga rioya qilish maqsadida yuzaga keladi. Guruhdagi a'zolar bir xil fikrni bildirishsa, boshqalar ham shu fikrni qabul



Date: 11th January-2025

qilishi mumkin. Guruhlar o'rtasidagi raqobat yoki guruh ichidagi ijtimoiy normativlar shaxslarning qarorlar qabul qilishida muhim ta'sir ko'rsatishi mumkin. Ushbu jarayonni Aschning konformizm tajribasi yoki Milgramning ijtimoiy bosim tajribasi orqali yanada chuqurroq tushunish mumkin. Aschning tajribalarida shaxslar, guruhning fikri bilan kelishmagan holatlarda ham, guruhning fikriga ko'proq moslashishga intilganini ko'rsatdi. Bu shuni anglatadiki, guruhlar shaxslarning qarorlar qabul qilishiga va dunyoqarashlarini shakllantirishga sezilarli ta'sir ko'rsatadi.

2. Guruh fikri va guruhning ta'siri: Guruh fikri - bu guruhning barcha a'zolarining umumiy qarashlari yoki qadriyatlarining yig'indisi bo'lib, bu fikr guruhning ijtimoiy va psixologik tuzilishini shakllantiradi. Shaxsning guruhga ta'sirini tushunishda guruh fikri katta ahamiyatga ega. Guruh fikri, shaxslarning qarashlarini va xatti-harakatlarini normativlashtiradi. Guruhning ta'siri, shaxsning o'zini qanday ko'rishi, qanday qarorlar qabul qilishi va qanday vaziyatlarda guruhning talablariga moslashishini belgilaydi. Masalan, odamlarning guruhda bo'lib, o'z fikrlarini ilgari surishdan oldin guruhning fikrini va talablarini hisobga olishlari ko'pincha boshqalar bilan o'zaro aloqalarini yengillashtiradi. Guruh fikri o'zining tashkil etuvchi elementlari va a'zolarining munosabatlari orqali shakllanadi va o'zgaradi.

3. Guruhning shaxsga psixologik ta'siri: Guruhning shaxsga ta'siri faqat tashqi ta'sirlar bilan cheklanmaydi, balki psixologik jihatlarni ham o'z ichiga oladi. Guruhlar, odamlarning o'ziga bo'lgan ishonchiga, hissiyotlariga va motivatsiyalariga ta'sir qiladi. Masalan, guruhda ishtirok etish, shaxsning ijtimoiy qabul qilinishi va o'zini hurmat qilishiga olib kelishi mumkin. Guruhlarning ijtimoiy aloqalari, odamlarning o'zaro muvozanatini, farovonligini va psixologik holatini ta'minlashda muhim rol o'ynaydi. Guruhdagi a'zolarining bir-biriga ta'siri, shaxsning o'zini qanday anglashiga va o'z xatti-harakatlarini qanday rivojlantirishiga yordam beradi. Guruh ta'siri shaxsning ichki dunyosini o'zgartirib, uning ijtimoiy moslashuvini va o'zgarishini ta'minlaydi.

Xulosa:

Guruhlarning shaxsga ta'siri ijtimoiy psixologiyaning muhim jihatidir. Guruhlar, shaxslarning qarorlar qabul qilish jarayonlariga, xatti-harakatlariga va hissiyotlariga ta'sir ko'rsatadi. Guruhlarning shaxsga ta'siri, guruh dinamikasi, konformizm, guruh fikri va psixologik omillar orqali shakllanadi. Guruhlar o'z a'zolarining xatti-harakatlarini ijtimoiy normativlar va guruh fikri asosida boshqaradi va shakllantiradi. Shu bilan birga, guruhning shaxsga ta'siri odamlarning o'zini qanday his qilishiga va jamiyatdagi o'rni va roli qanday rivojlanishiga ta'sir ko'rsatadi. Guruhlarning shaxsga ta'sirini tushunish, jamiyatda o'zaro aloqalar va guruhlar o'rtasidagi dinamikani yaxshilashga yordam beradi.

ADABIYOTLAR:

1. Abdurashidova, G. (2024). O'QUVCHILARDA DESTRUKTIV XULQ KO'RINISHLARINING PAYDO BO'LISHI VA UNING OLDINI OLIH CHORALARI. *Medicine, pedagogy and technology: theory and practice*, 2(9), 651-659.



Date: 11th January-2025

2. Abdurashidova, G. (2024, May). O 'smirlarda destruktiv xulq ko 'rishlari shakllanishining ijtimoiy-psixologik xususiyatlari. In *CONFERENCE ON THE ROLE AND IMPORTANCE OF SCIENCE IN THE MODERN WORLD* (Vol. 1, No. 4, pp. 5-7).
3. Икромова, С. А. (2024). ЭТАПЫ РАЗВИТИЯ ПСИХОЛОГИИ В ЖИЗНИ ЧЕЛОВЕКА. Introduction of new innovative technologies in education of pedagogy and psychology, 1(3), 26-31.
4. Ikromova, S. A. (2024). INTELLEKT VA IQBOL: KOGNITIV PSIXOLOGIYA. Problems and solutions at the stage of innovative development of science, education and technology, 1(2), 99-104.
5. Икромова, С. А. (2024). ОСНОВНЫЕ ОБЩИЕ ПОНЯТИЯ И ОСНОВНЫЕ НАПРАВЛЕНИЯ ПСИХОЛОГИИ. Introduction of new innovative technologies in education of pedagogy and psychology, 1(3), 20-25.
6. Икромова, С. А. (2024). ПСИХОЛОГИЧЕСКОЕ РАЗВИТИЕ МОЛОДЕЖИ И ПСИХОЛОГИЧЕСКИЕ КРИЗИСЫ. New modern researchers: modern proposals and solutions, 1(2), 29-35.
7. Икромова, С. А. (2024). ПОЗНАВАТЕЛЬНЫЕ ПРОЦЕССЫ И ПАМЯТЬ ЧЕЛОВЕКА. Introduction of new innovative technologies in education of pedagogy and psychology, 1(3), 59-65.
8. Ikromova, S. A. (2024). PSIXOLOGIK SALOMATLIK VA UNING JAMIYATDAGI ROLI. Problems and solutions at the stage of innovative development of science, education and technology, 1(2), 93-98.
9. Икромова, С. А. (2024). КОНСУЛЬТИРОВАНИЕ И ТЕРАПИЯ ЛЮДЕЙ В СОЦИАЛЬНОЙ СРЕДЕ. New modern researchers: modern proposals and solutions, 1(2), 8-14.
10. Икромова, С. А. (2024). ОТВЕТСТВЕННОСТЬ ПСИХОЛОГА. New modern researchers: modern proposals and solutions, 1(2), 63-68.
11. Икромова, С. А. (2024). ПСИХОЛОГИЧЕСКИЕ ПРОБЛЕМЫ И ИХ РЕШЕНИЯ. Introduction of new innovative technologies in education of pedagogy and psychology, 1(3), 46-52.
12. Ikromova, S. A. (2024). PSIXOLOGIK YORDAMNING ASOSIY USULLARI: MASLAHATLASHUV VA TERAPIYA. Problems and solutions at the stage of innovative development of science, education and technology, 1(2), 87-92.
13. Ikromova, S. A. (2024). EMOTSIYALAR VA ULARNING PSIXOLOGIK TA'SIRI. Problems and solutions at the stage of innovative development of science, education and technology, 1(2), 105-110.
14. Ikromova, S. A. (2024). PSIXOLOGIK MUAMMOLAR VA ULARNING DAVOLASH USULLARI. Problems and solutions at the stage of innovative development of science, education and technology, 1(2), 75-80.
15. Икромова, С. А. (2024). ЭМОЦИИ И ИХ ПСИХОЛОГИЧЕСКИЕ ЭФФЕКТЫ. New modern researchers: modern proposals and solutions, 1(2), 49-55.
16. Ikromova, S. A. (2024). SHAXSIYAT PSIXOLOGIYASI VA UNING SHAKLLANISHI. Problems and solutions at the stage of innovative development of science, education and technology, 1(2), 62-67.
17. Икромова, С. А. (2024). ФРЕЙД И ЕГО ВКЛАД В НАУКУ ПСИХОЛОГИЯ. New modern researchers: modern proposals and solutions, 1(2), 43-48.



Date: 11th January-2025

18. Ikromova, S. A. (2024). KOGNITIV PSIXOLOGIYA: BILISH JARAYONLARI VA XOTIRA. Problems and solutions at the stage of innovative development of science, education and technology, 1(2), 81-86.

19. Икромова, С. А. (2024). ЭМОЦИОНАЛЬНЫЕ ОПЫТЫ ЧЕЛОВЕКА И ПРОЦЕСС НИМИ УПРАВЛЕНИЯ. Introduction of new innovative technologies in education of pedagogy and psychology, 1(3), 14-19.

20. Икромова, С. А. (2024). ПОВЕДЕНИЕ ЧЕЛОВЕКА И ВНУТРЕННЯЯ МОТИВАЦИЯ. Introduction of new innovative technologies in education of pedagogy and psychology, 1(3), 8-13.

21. Икромова, С. А. (2024). ОСНОВЫ ПСИХОЛОГИЧЕСКОГО ЗДОРОВЬЯ. New modern researchers: modern proposals and solutions, 1(2), 22-28.

22. Икромова, С. А. (2024). РАЗЛИЧИЯ В МУЖСКОЙ И ЖЕНСКОЙ ПСИХОЛОГИИ. New modern researchers: modern proposals and solutions, 1(2), 1-7.

23. Ikromova, S. A. (2024). STRESS VA UNING PSIXOLOGIK TA'SIRI. Problems and solutions at the stage of innovative development of science, education and technology, 1(2), 68-74.

24. Икромова, С. А. (2024). ПСИХОЛОГИЯ РАЗВИТИЯ ОТ ДЕТСТВА ДО ВЗРОСЛОСТИ. Introduction of new innovative technologies in education of pedagogy and psychology, 1(3), 1-7.

25. Ikromova, S. A. (2024). PSIXOLOGIK REABILITATSIYA VA MUAMMOLI SHAXSLAR BILAN ISHLASH. Problems and solutions at the stage of innovative development of science, education and technology, 1(2), 111-116.

26. Икромова, С. А. (2024). ГРУППЫ И СОЦИАЛЬНОЕ ВЛИЯНИЕ ЛЮДЕЙ В СОЦИАЛЬНОЙ СРЕДЕ R. Introduction of new innovative technologies in education of pedagogy and psychology, 1(3), 32-38.

27. Икромова, С. А. (2024). ПСИХОЛОГИЧЕСКАЯ РЕАБИЛИТАЦИЯ, ПСИХОЛОГИЧЕСКАЯ ПОДДЕРЖКА И ВОССТАНОВИТЕЛЬНЫЕ ПРОЦЕССЫ. New modern researchers: modern proposals and solutions, 1(2), 56-62.

28. Икромова, С. А. (2024). ПСИХОЛОГИЯ ЛИЧНОСТИ И ВНУТРЕННИЙ МИР ЧЕЛОВЕКА. Introduction of new innovative technologies in education of pedagogy and psychology, 1(3), 53-58.

29. Ikromova, S. A. (2024). TUG'ISH VA OTA-ONA VO'LISHNING PSIXOLOGIK ASOSI. Problems and solutions at the stage of innovative development of science, education and technology, 1(2), 117-122.

30. Икромова, С. А. (2024). КОГНИТИВНАЯ ПСИХОЛОГИЯ ПСИХИЧЕСКИЕ ПРОЦЕССЫ ЧЕЛОВЕКА. New modern researchers: modern proposals and solutions, 1(2), 36-42.

31. Икромова, С. А. (2024). ПСИХОЛОГИЧЕСКИЕ ОСНОВЫ РОДИТЕЛЬСТВА. New modern researchers: modern proposals and solutions, 1(2), 15-21.

32. Икромова, С. А. (2024). СТРЕСС И ЕГО ПСИХОЛОГИЧЕСКОЕ ВОЗДЕЙСТВИЕ НА ЧЕЛОВЕКА. Introduction of new innovative technologies in education of pedagogy and psychology, 1(3), 39-45.



Date: 11th January-2025

33. Ikromova, S. A. (2024). JINSIY PSIXOLOGIYA: ERKAK VA AYOL PSIXOLOGIYASI FARQLARI. Methods of applying innovative and digital technologies in the educational system, 1(2), 277-282.
34. Ikromova, S. A. (2024). PSIXOLOGIYADA ETIKA VA QONUNLAR: PSIXOLOGNING JAVOBGARLIGI. Methods of applying innovative and digital technologies in the educational system, 1(2), 265-270.
35. Ikromova, S. A. (2024). YOSHLAR VA PSIXOLOGIK KRIZISLAR. Methods of applying innovative and digital technologies in the educational system, 1(2), 283-288.
36. Ikromova, S. A. (2024). FREUD VA UNING PSIXOLOGIYA ILMIGA QO‘SHGAN HISSASI. Methods of applying innovative and digital technologies in the educational system, 1(2), 319-322.
37. Ikromova, S. A. (2024). IJTIMOIIY PSIXOLOGIYA: GURUHLAR VA IJTIMOIIY TA‘SIRLAR. Methods of applying innovative and digital technologies in the educational system, 1(2), 271-276.
38. Ikromova, S. A. (2024). IJTIMOIIY PSIXOLOGIYANING BUGUNGI KUNDAGI AHAMIYATI. PEDAGOGIK TADQIQOTLAR JURNALI, 2(1), 193-196.
39. Akbarovna, I. S. (2024). BOSHLANG‘ICH SINFLARDA O‘QITISHDA MULTIMEDIA TEXNOLOGIYALARINING ROLI. Introduction of new innovative technologies in education of pedagogy and psychology, 1(3), 108-113.
40. Akbarovna, I. S. (2024). BOLALARNING O‘QISH VA YOZISH KO‘NIKMALARINI RIVOJLANTIRISHNING SAMARALI USULLARI. Introduction of new innovative technologies in education of pedagogy and psychology, 1(3), 120-125.
41. Akbarovna, I. S. (2024). BOSHLANG‘ICH TA‘LIMDA O‘YINLAR ORQALI O‘QITISH: AFZALLIKLAR VA USULLAR. Introduction of new innovative technologies in education of pedagogy and psychology, 1(3), 126-131.
42. Akbarovna, I. S. (2024). BOSHLANG‘ICH TA‘LIMDA INTEGRATSIYALASHGAN YONDASHUVNING AHAMIYATI. Introduction of new innovative technologies in education of pedagogy and psychology, 1(3), 114-119.
43. Akbarovna, I. S. (2024). STRESS, DEPRESSIYA VA BOSHQA RUHIY HOLATLARNING PSIXOLOGIYADAGI O‘RNI. Science, education, innovation: modern tasks and prospects, 1(3), 7-13.
44. Akbarovna, I. S. (2024). PSIXOLOGIK RIVOJLANISH BOSQICHLARI VA ULARNING AHAMIYATI. Science, education, innovation: modern tasks and prospects, 1(3), 14-19.
45. Akbarovna, I. S. (2024). QAYTA ISHLASH JARAYONI, XOTIRA, FIKRLASH VA MUAMMONI HAL QILISH. Science, education, innovation: modern tasks and prospects, 1(3), 32-37.
46. Akbarovna, I. S. (2024). IJTIMOIIY MUNOSABATLAR, GURUH DINAMIKASI VA INSONLARNING IJTIMOIIY DAVRANISHLARI. Science, education, innovation: modern tasks and prospects, 1(3), 26-31.
47. Akbarovna, I. S. (2024). EMOTSIYALARNI TANISH, IFODALASH VA BOSHQARISH USULLARI. Science, education, innovation: modern tasks and prospects, 1(3), 20-25.



Date: 11th January-2025

48. Сайфуллаева, Н. Б. (2021). ВАЖНЫЕ АСПЕКТЫ ИСПОЛЬЗОВАНИЯ ЦИФРОВЫХ ТЕХНОЛОГИЙ В СИСТЕМЕ КЛАССНЫХ УРОКОВ. Вестник науки и образования, (15-3 (118)), 40-42.
49. Сайфуллаева, Н. Б. (2022). ИСПОЛЬЗОВАНИЕ ДИДАКТИЧЕСКОГО ПРОГРАММНОГО ОБЕСПЕЧЕНИЯ В ОБУЧЕНИИ МАТЕМАТИКЕ. In НОВЫЕ ПЕДАГОГИЧЕСКИЕ ИССЛЕДОВАНИЯ (pp. 10-12).
50. Сайфуллаева, Н. Б. (2023). РОЛЬ ЦИФРОВЫХ ТЕХНОЛОГИЙ В ОБУЧЕНИИ КОМПЬЮТЕРНЫМ НАУКАМ. Universum: технические науки, (4-1 (109)), 41-43.
51. Toymurodov, A. (2023, December). MODERN INTERPRETATION OF PSYCHODIAGNOSTICS AND PSYCHOCORRECTION OF EXTREME SITUATIONS. In *INTERNATIONAL SCIENTIFIC CONFERENCE" SCIENTIFIC ADVANCES AND INNOVATIVE APPROACHES"* (Vol. 1, No. 5, pp. 71-79).
52. Toymurodov, A. (2023). BASICS OF PROVIDING PSYCHOLOGICAL SERVICES TO MILITARY PERSONNEL. *Академические исследования в современной науке*, 2(24), 148-152.
53. Fattullayeva, M. M. (2024). О ‘QUVCHILARNING KOMMUNIKATIV KOMPETENSIYALARINI SHAKLLANTIRISHDA ERTAKLAR O ‘QITISHNING NAZARIY VA METODIK ASOSLARI. *PEDAGOG*, 7(4), 243-248.
54. qizi Fattullayeva, M. M. (2024). INSONNING XULQ-ATVORI VA MOTIVATSIYASI. *Methods of applying innovative and digital technologies in the educational system*, 1(2), 301-306.
55. qizi Fattullayeva, M. M. (2024). YOSH VA PSIXOLOGIK RIVOJLANISH: BOLALIKDAN KATTALIKKA QADAR. *Methods of applying innovative and digital technologies in the educational system*, 1(2), 295-300.
56. qizi Fattullayeva, M. M. (2024). PSIXOLOGIYANING UMUMIY TUSHUNCHASI VA ASOSIY SOHALARI. *Methods of applying innovative and digital technologies in the educational system*, 1(2), 289-294.
57. qizi Fattullayeva, M. M. (2024). INSONNING HISSIY TAJRIBALARI VA ULARNI BOSHQARISH. *Methods of applying innovative and digital technologies in the educational system*, 1(2), 307-312.
58. qizi Fattullayeva, M. M. (2024). INSON PSIXIKASINING RIVOJLANISH BOSQICHLARI. *Methods of applying innovative and digital technologies in the educational system*, 1(2), 313-318.
59. Fattullayeva, M. (2024). О ‘QUVCHILARNING SO ‘Z BIRIKMASI, GAP USTIDA ISHLASH KO ‘NIKMASINI O ‘STIRISH. *Medicine, pedagogy and technology: theory and practice*, 2(9), 534-542.
60. Kamilovna, R. N. (2021). Coaching approach at a mathematics lesson in grade 3 in the educational structure “equal partner”. *Asian Journal of Multidimensional Research (AJMR)*, 10(1), 228-234.
61. Rajabova, N., & Fayziyeva, D. (2021). FOLKLORISM IN THE WORKS OF DILSHOD RAJAB. In *АКТУАЛЬНЫЕ ВОПРОСЫ СОВРЕМЕННОЙ НАУКИ И ОБРАЗОВАНИЯ* (pp. 212-214).
62. Rajabova, N. (2023). BO‘LAJAK BOSHLANG‘ICH SINF O‘QITUVCHILARINING TADQIQOTCHILIK KO‘NIKMALARINI RIVOJLANTIRISH. *ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz)*, 27(27).

